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**NUTRITIONAL STATUS OF 3-9 YEAR OLD CHILDREN IN THE ISLAND OF BORNHOLM:  
BASELINE ANTHROPOMETRIC DATA FROM PROJECT SOL- BORNHOLM**

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**PO705****NUTRITIONAL STATUS OF 3-9 YEAR OLD CHILDREN IN THE ISLAND OF BORNHOLM: BASELINE ANTHROPOMETRIC DATA FROM PROJECT SOL-BORNHOLM**

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**Background and objectives:** Since 1947 the prevalence of overweight and obesity in Denmark has increased markedly. The Danish Island Bornholm has an above average prevalence of overweight among adults, but data on children are scarce. The objective of the present study was to determine the prevalence of overweight and obesity of 3-9 y old children from the Regional Municipality of Bornholm.

**Methods:** The study was based on baseline data collected in the period of September to October 2012 as a part of the multi-setting, multi-component community intervention "Health and local communities" (SoL-Bornholm). Heights and weights of children from day care centres and primary schools from the three participating communities were measured barefooted and in light clothing by research staff. Overweight and obese children were classified using international age- and gender-specific BMI cut-off values.

**Results:** In total 240 children were measured (52% girls/48% boys). Fifteen percent of the children were overweight and 2% obese. The prevalence of overweight and obesity did not differ between preschool and school children and there were no significant gender differences.

**Conclusions:** The observed 17% prevalence of overweight or obesity in Bornholm's children is worrisome. It is nearly 10% points higher than the national prevalence in Danish preschool children. The observed prevalence of overweight preschool children makes the SoL-Bornholm intervention study very relevant and calls for effective interventions in the day care setting.

**Key words:** BMI, overweight, obesity, Denmark, children

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**PO706****SEAFOOD INTAKE AND POSTPARTUM DEPRESSION**

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**Background and objectives:** It is evident that fish and seafood are part of a healthy balanced diet. The general Norwegian recommendation to pregnant women is to eat fish for dinner 2-3 times a week, and at least half should be oily fish. A low seafood intake in general has been shown to be associated with higher risk of depression. National and international studies have found that about 10-15% of women suffer from depression in the postpartum period. Within a large population of Norwegian mothers and infants we investigate the seafood intake and the possible impact of seafood on postpartum depression.

**Methods:** The design of the study is a prospective population study with prenatal enrolment of participants from nine different sites in Norway. The seafood intake was assessed in the 32th gestational week using a validated food frequency questionnaire. The participants were screened for postpartum depression using the Edinburgh Postpartum Depression Scale (EPDS) 6 weeks after delivery.

**Results:** Preliminary results show that the pregnant women (n=839) ate fish for dinner 1.3±0.9 times a week and fish as spread (n=835) 1.0±1.0 times/week. Oily fish for dinner was consumed 0.6±0.6 times/week. The EPDS scores (n=679) ranged from 0 to 22 with a mean of 3.6±3.4, and 9% had a score >8. Using a logistic regression model (n=679) we found that higher oily seafood intake, including supplements, decreased the odds of becoming depressed (EPDS>8, odds: 0.90, CI:0.82-0.99, p<0.05).

**Conclusions:** The women had low seafood intake compared to the Norwegian recommendations. Preliminary results support that higher seafood intake may be one factor that reduce depressive symptoms.

**Key words:** seafood intake, oily fish, postpartum depression